

Capitol Lakes Aquatic and Wellness Center Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am					
6:00am					
7:00am					
7:30am					
8:00am	Deep Aqua			Deep Aqua	
8:30am	Lap Pool			Lap Pool	
9:00am					
9:30am					
10:00am				Aqua Movement	
10:30am				Warm Pool	
11:00am		Arthritis			
11:30am		Warm Pool			
12:00pm					
12:30pm					
1:00pm			Aquacise		Aquacise
1:30pm			Lap Pool		Warm Pool
2:00pm	Aquacise	Deep Aqua (MSCR Only)	Arthritis (MSCR Only)		
2:30pm	Warm Pool	Lap Pool 2-3pm	Warm Pool 2-3pm		
3:00pm	Aquacise (MSCR Only)	Aquacise (MSCR Only)	Aquacise (MSCR Only)	Aquacise (MSCR Only)	
4:00pm	Lap Pool 3:00-4:00pm	Warm Pool 3:15-4:15pm	Lap Pool 3:15-4:15pm	Warm Pool 3-4pm	
4:30pm	Aquacise (MSCR Only)			Aquacise (MSCR Only)	
5:00pm	Warm Pool 4:15-5:15pm			Lap Pool 4:15-5:15pm	
5:30pm	Aquacise (MSCR Only)				
6:00pm	Lap Pool 5:30-6:30pm				
6:30pm					
7:00pm					
7:30pm					
8:00pm					
8:30pm					
9:00pm					

*Updated 9/11/2023

Most lap pool classes take up the entire lap pool; check with instructor.

Instructors will pull lane lines 5-10 minutes prior to class.

Pools are open for general use when classes are not in session.

Pools close 15 minutes prior to Center closing: at 8:45pm